

Measles Prevention Information for Parents and Campers

Parents can help protect their children against measles by getting them vaccinated.

Children Need 2 Doses of Measles Vaccine

You can protect your child against measles with a combination vaccine that provides protection against three diseases: measles, mumps, and rubella (MMR). Measles-mumps-rubella-varicella (MMRV) vaccine can also be given to children ages 1 through 12 years. MMR and MMRV vaccines are proven to be very safe and effective. CDC recommends that children get one dose at each of the following ages:

- 12 through 15 months
- 4 through 6 years

If your child or teenager has not received two doses of measles vaccine, they need two doses separated by at least 28 days (between MMR doses) or 3 months (between MMRV doses) before camp attendance. Campers should plan to be fully vaccinated at least two weeks before they arrive at camp.

Recognize the Signs and Symptoms of Measles

Measles starts with a fever. Soon after, it causes a cough, runny nose, and red eyes. Then a rash of tiny, red spots breaks out. It starts at the head and spreads to the rest of the body. The rash can last for a week, and coughing can last for 10 days.

If your child is exhibiting these symptoms, keep them home from camp and call your doctor. Do not go straight to the doctor. Instead, call ahead to inform them that your child may have measles, so you can get instructions about how to avoid exposing others. **Anyone who is suspected of having measles must be promptly isolated to prevent the disease from spreading to others.**